

JULY 2011

Mon

Tue

Wed

Thu

Fri

TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE,
CONTACT YOUR MEAL MANAGER,
EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER
MEAL HELPS MAKE MORE MEALS POSSIBLE

MENUS ARE SUBJECT TO CHANGE

1

TROPICAL FRUIT CUP
HAMBURGER WITH CHEESE
HAMBURGER ROLL
POTATO SALAD
CARROTS
PEARS IN GELATIN
1% MILK

4



5

CRANBERRY JUICE
HOT SLICED TURKEY OPEN
FACED ON WHITE BREAD
GREEN BEANS
CUT SWEET POTATOES
FRUIT COCKTAIL
1% MILK

6

SOUTHWESTERN 3 BEAN SALAD
APPLE JUICE
HOT ROAST BEEF SANDWICH
W/GRAVY ON WHEAT BREAD
RICE
ZUCCHINI & TOMATOES
PINEAPPLE TIDBITS IN GELATIN
1% MILK

7

NAVY BEAN SOUP
TUNA SALAD COLD PLATE
LEAF LETTUCE GARNISH
TOMATO SLICES
SALTINE CRACKERS
FRESH FRUIT
1% MILK

8

GRAPE JUICE
BAKED HAM IN PINEAPPLE SAUCE
RYE BREAD
SLICED CARROTS
AU GRATIN POTATOES
FRUIT AMBROSIA
1% MILK

11

PINEAPPLE JUICE
CHICKEN TERIYAKI NUGGETS
MIXED VEGETABLES
RICE
PEACHES
AMISH WHITE BEAN SALAD
WHEAT BREAD
1% MILK

12

MARINATED CUCUMBER,
TOMATO, ONION SALAD
COLD CUT SUB
LETTUCE, & TOMATO
PROVOLONE CHEESE
APPLE JUICE
FRESH FRUIT
1% MILK

13

PINEAPPLE JUICE
PEPPER STEAK
BROWN RICE
SUMMER BLEND VEGETABLES
PEACH PARFAIT
WHEAT BREAD
1% MILK

14

WATERMELON
COLE SLAW
1/4 LB HOT DOG ON ROLL
PEPPER & ONION GARNISH
BAKED BEANS
APPLE PIE ALA MODE
1% MILK

15

PINEAPPLE JUICE
BBQ BEEF ON A ROLL
SPINACH
SCALLOPED POTATOES
TROPICAL FRUIT
1% MILK

18

FRUIT PUNCH
CHICKEN TACO WITH
SHREDDED LETTUCE
CHOPPED TOMATO
SHREDDED CHEESE
REFRIED BEANS
FRESH FRUIT
1% MILK

19

ROSEY APPLE SAUCE
MEATLOAF W/GRAVY
MASHED POTATOES
GREEN BEANS
WHOLE WHEAT BREAD
MELON CUP
1% MILK

20

GRAPE JUICE
BAKED CHICKEN BREAST
W/GRAVY
MIXED VEGETABLES
BROWN RICE
WHEAT BREAD
COLD BLUEBERRY/PEAR CRISP
1% MILK

21

MULTI BEAN SOUP
APPLE JUICE
COTTAGE CHEESE COLD
PLATE W/HARD BOILED EGG
SLICED PEACHES & PEARS
PINEAPPLE RING
LETTUCE & TOMATO SLICES
1% MILK

22

CRANBERRY JUICE
1/4 LB BEEF HOT DOG ON A ROLL
COLE SLAW
BAKED BEANS
PEACH PARFAIT
1% MILK

25

ORANGE JUICE
CHICKEN STEW W/
PEAS & CARROTS
RICE
WHEAT BREAD
ROSEY APPLE SAUCE
1% MILK

26

PINEAPPLE JUICE
HOT ROAST BEEF W/GRAVY
MASHED POTATOES
SUMMER BLEND VEGETABLES
WHOLE WHEAT BREAD
FRESH FRUIT
1% MILK

27

ORANGE PINEAPPLE JUICE
PORK LOIN W/GRAVY
BREAD STUFFING
CORN
CHERRY APPLE CRISP
1% MILK

28

APPLE JUICE
ROTINI IN TOMATO SAUCE
SWEET ITALIAN SAUSAGE
ITALIAN MIXED VEGETABLES
ITALIAN BREAD
MANDARIN ORANGES
1% MILK

29

TOMATO JUICE
TUNA SALAD ON KAISER ROLL
LETTUCE GARNISH
GREEN PEA SALAD
MARINATED CUCUMBER, TOMATO,
& ONIONS
PEACHES
1% MILK